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SELFIES? THEY'RE JUST 'ELECTRONIC MASTURBATION,' DARLING PAGE 14

Say sweet dreams with a cup of joe

Local college prof says he's invented a decaf brew that helps people relax and fall asleep PAGE 6

FBI helping study missing pilot's flight simulator

This as possible debris spotted off Australian coast PAGE 7

PHS board steps down under pressure

DTES. Spending concerns spell the end for the leaders of the Portland Hotel Society

Former Portland Hotel Society co-executive director Mark Townsend is seen at Vancouver's Drug Resource Centre after announcing he and the entire PHS board had resigned Wednesday. MATT KIELTYKA/METRO

Mark Townsend's day consisted of putting on a brave face and answering the same barrage of questions from every media outlet in the city, one by one.

"What a way to go out," an exasperated Townsend remarked following a television interview at the Downtown Eastside's Drug Resource Centre, where some of the clients gathered on the periphery to hear first-hand of his downfall.

It wasn't supposed to end this way.

The people who championed supervised injection sites through Insite, needle distribution and many other innovative harm-reduction practices — while providing shelter and housing in Vancouver's most impoverished neighbourhood — unceremoniously closed the book on their time with the Portland Hotel Society (PHS).

After weeks of speculation, news broke Wednesday that Townsend, his wife Liz Evans and the entire board of the non-profit organization had stepped down on the heels of a BC Housing audit into questionable spending practices.

Apparently Townsend, co-executive director of PHS since it formed in 1993, and his team were given a "stark choice": Resign and clear the way for a new board and management to take over, or challenge the provincial government in court and risk everything he had built over the last 21 years.

"'Burn the village down or do what we say,'" Townsend paraphrased. "We can't inflict pain on the people we care about so we agreed to step aside."

The resignations mean PHS will continue to provide its array of services and housing, while staff will keep their jobs.

A new board will be elected at the end of the month, and Townsend is committed to ensuring a smooth transition.

"All programs, all services will be staying intact," he stressed. "My hope is our disappearance will be a blip."

His legacy, however, is much more than just a blip, according to Vancouver Coun. Geoff Meggs.

"The leadership we got from PHS and people like Mark Townsend and Liz Evans was really important and crucial in this stage of the city's life," Meggs told Metro. "It's disappointing it has come to this. Hopefully this is the opening of a new chapter for PHS."

BC Housing was investigating irregularities such as paid trips for staff on vacation or attending overseas conferences.

Townsend insists those costs were covered by private sources.

"One hundred per cent of our operational funding goes to services," he insisted.

Neither BC Housing nor the government was available for comment Wednesday.

Vancouver Coastal Health confirmed Insite will continue to operate.

MATT KIELTYKA/METRO

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Nov. election

Non-profit dares civic parties to curb spending

The challenge, should Vancouver's civic parties choose to accept it (spoiler alert — they won't): set election spending and donation limits before the November election, even if the province doesn't change the rules in time.

IntegrityBC, a non-profit organization that aims to increase trust in government, issued the contest Wednesday to put an end to "obscene spending," which skyrocketed to $5.3 million during the 2011 campaign, including a single donation of $960,000.

The challenge was prompted by news of condo king Bob Rennie hosting a lunch with Vision Vancouver Mayor Gregor Robertson, where the invite-only guests were encouraged to donate $25,000 to the party.

B.C. will propose legislation to reform municipal elections this spring but has no plans to address spending limits until the next round of elections, despite repeated calls from Vancouver politicians.

But neither Vision Vancouver nor the NPA plan to enter into a handshake deal before November.

"We've been a leading voice calling on the need to reform the act and introduce some rules around campaign financing," said Vision Vancouver executive director Stepan Vdovine.

"A change now would produce an outcome that is far from a level playing field," said NPA executive co-ordinator Natasha Westover. "Vision knows that; that's why they're stuffing their war chest now."

EMILY JACKSON/METRO

Vancouver detective Phil Ens demonstrates how a credit-card reader/writer works at a press conference on Wednesday morning. KAYLA ISOMURA/FOR METRO

VPD uncovers Visa reward points scam

More than 100 victims. Redeeming points does not require a PIN, says detective

KAYLA ISOMURA
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What began as an investigation into mail theft and break-and-enters has led Vancouver police to a new scam involving Visa reward points.

Auto-crimes enforcement Det. Phil Ens said more than 100 people fell victim to the scam, which has redeemed reward points for thousands of dollars in gift cards.

"When people get credit-card fraud done to them, they're looking at their statement at the end of the month.... A lot of people don't sit there and see what the reward points are," said Ens. "They don't get a notice from these people that they're gone because the letter comes with the cards that they get sent to them."

Daniel Adam Suchecki, 34, of Surrey and Christa Dawn Hucal, 25, of Surrey have been hit with more than 10 charges (and a combined 207 counts) relating to the scam, including fraud, identity theft and forgery.

"It was unbelievable the access they had," said Ens, who referred to them as the "ringleaders" of the scam.

Investigators found $20,000 in gift cards in a Surrey apartment, along with other ID and credit cards in victim's names, credit-card data and more.

Ens said investigators also found equipment to create false IDs as well as memory sticks with templates for identity theft.

The gift cards were obtained by redeeming Visa reward points, an incentive offered by banks like RBC.

According to Ens, redeeming points does not require a PIN, only the credit-card number and a birthday, which were found through stolen mail and bank statements.

Birthdays and other personal information can be found online or through the phone.

Ens said criminals will share personal information about victims online as well.

The investigation also led to the recovery of three stolen vehicles. Victims were found throughout Canada and in the United States.

The police department is now working with RBC to increase software security.

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Women's shelter to get more beds, 24-hour service

Expansion. Union Gospel Mission's shelter is backed by unnamed donors, but renovations won't be fully complete until the summer

SAM SMITH
vancouver@metronews.ca

Barb Atkins, UGM's manager of women and families, left, and former women's shelter client Suzanne Doucet welcome the new renovations. SAM SMITH/FOR METRO

The Union Gospel Mission's (UGM) women's day shelter in the Downtown Eastside is getting a much needed boost with new rooms, new beds and a lot more space to help troubled women in need.

Backed by as-of-yet unnamed donors, the UGM is currently renovating their old unused wing, previously open to men in recovery.

The renovations will not only eventually double the number of beds available, but it will also update their day shelter from 9 a.m. to 5 p.m., Monday to Friday to 24 hours a day, 365 days a year.

"We know it has been very helpful in the neighbourhood, but we're going to one that will be 24 hours a day, three meals a day, and give that added stability," said Barb Atkins, UGM's manager of women and families. "To be honest, the day shelter, it was like jerry-rigging something, making the best of a situation."

But soon instead of having to shift women outside at 5 p.m. until they can find a night shelter, UGM will happily be open all hours.

It will take some time before they're ready, as the shelter's renovations won't be fully complete until the summer and they still have to train old and new staff on their new hours.

It's a service some women desperately need and the results of the shelter and its programs point to clients with vastly improved lives, according to Suzanne Doucet, a former UGM day shelter client.

"It was an oasis in a quagmire of chaos," Doucet said. "It's like I could come here and take a breath. You could come here and be safe, and you didn't have anyone pressuring you."

Doucet has had housing for 18 months now, but before that she spent 10 months inside of UGM's day shelter. She credits the staff, programs and services with saving her from homelessness.

"I had no family," Doucet said. "Everyone's passed. So I'm on my own. But the UGM was a massive part of being a support system, whether I was emotionally upset about something, or supporting in whatever aspect was needed."

UGM expects to be fully operational by this summer, but will continue to run their day shelter until then.

St. Paul's gets new mental health unit amid crisis

Nine beds, seclusion rooms, and safety measures such as doors with unbreakable glass and bathrooms free of anything that patients can harm themselves are part of a new unit at Vancouver's St. Paul's Hospital for people with severe mental illnesses or addictions.

The acute behavioural stabilization unit is part of a government promise to address what Vancouver police have described as a mental health crisis in the city.

Last fall, Vancouver police Chief Jim Chu and Mayor Gregor Robertson suggested in a five-point plan that an additional 300 long-term care beds are needed to treat people suffering from mental health challenges and substance abuse.

B.C. Health Minister Terry Lake, centre, is given a tour of the new unit.
DARRYL DYCK/THE CANADIAN PRESS

Health Minister Terry Lake said on Wednesday he's not sure if the new unit, the first of its kind in Vancouver, is enough to support the city's most vulnerable patients, but it's an important first step.

"This is nine more beds than we had before, and there will be times, I'm sure, when it won't be sufficient and other times when it will be more than enough to meet demand," he said.

Lake also introduced on Wednesday a new community outreach team that will connect mentally ill patients leaving local emergency departments to community services.

St. Paul's Hospital, near Vancouver's Downtown Eastside, has seen a 63 per cent increase in the number of patients with mental illness and addictions issues since 2009.

Dr. Anna Nazif, the hospital's medical director of emergency psychiatry, said mentally ill patients who enter the emergency department can be taken to the new unit, where they can be assessed by emergency physicians, nurses, psychiatrists and social workers.

THE CANADIAN PRESS

Security measures

- The new unit includes four seclusion rooms and three interview rooms where doors fitted with unbreakable glass can swing both ways to prevent anyone from being trapped inside.
- The unit's bathrooms and ceilings have been upgraded so patients won't be able to attempt suicide by hanging.

Transit police

Commuters can report unruly passengers via text

Commuters will soon be able to report unruly behaviour on the SkyTrain or bus to Transit Police by a text message in real time.

The idea is simple: You witness something disturbing on public transit and without alerting or bringing unwanted attention to yourself, you can whip out your phone and send a text to 877-777 with a description of the events.

However, transit police don't want this to replace calling the police if there's an emergency situation.

SAM SMITH/FOR METRO

Isobel Mackenzie

First provincial seniors' advocate appointed

The B.C. government has appointed a Victoria care administrator with 20 years experience working with and serving the elderly as the provincial seniors advocate.

In what is a Canadian first, Health Minister Terry Lake says appointing Isobel Mackenzie to head the Office of the Seniors Advocate fulfils a Liberal government promise to create the position.

The advocate post resulted from a sweeping report by Ombudsperson Kim Carter who made 176 recommendations to improve the lives of B.C.'s elderly.

THE CANADIAN PRESS

Police warning

Scammers pretend to be revenue agency

When the Canada Revenue Agency comes calling, most people listen, but police in Abbotsford are warning people to double check a demand for payment.

Police received a few complaints of the scam in December, where residents were told they had anywhere from 45 minutes to 24 hours to make a payment raging from $200 to $5,000.

Those residents were told if they didn't pay up, police would be sent to their homes.

THE CANADIAN PRESS

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Counting Sheep Coffee. A cup of joe, hold the anxiety

Coffee and sleep have always been enemies, but one Vancouverite is daring to defy nature.

Deland Jessop, a professor of entrepreneurship at Langara College, has created Counting Sheep Coffee, a company specializing in a decaf roast of coffee beans mixed with valerian root which aims to relax the body instead of jolting it awake.

"My wife, she loves coffee, but she can't even touch decaf after 3 p.m. because she's so sensitive to it," Jessop said. "And me, I love coffee in the evenings, but I always hated being limited as to what time I could drink it."

It was during some quiet time at home while grading school papers that it suddenly struck Jessop: Why not try to make a coffee that, like chamomile tea, helps you sleep?

After six months he found a combination that worked just right with valerian root.

Jessop appeared on Dragons' Den March 19 and agreed to give a five per cent royalty for $10,000 with both Arlene Dickinson and Bruce Croxon, but eventually the deal fell through. **SAM SMITH/FOR METRO**

Police seeking info

IED found en route to university

Mounties in Prince George had to shut down one of the main routes into the University of Northern B.C. after the discovery of an improvised explosive device.

The device was found near a garbage can when officers responded to complaints of gun shots being fired Tuesday night in the area of University Way.

The RCMP's Explosive Disposal Unit was flown in from Vancouver and the device was destroyed.

There's no indication where the device may have come from, but police say a person on a bicycle was spotted in the same area where the explosive device was found. **THE CANADIAN PRESS**

Four men charged in drug dealing, shaming probe

Project Twizzler. Alleged drug ring forced local addicts to deal: Police

KAYLA ISOMURA
vancouver@metronews.ca

The Vancouver Police Department says more than $850,000 in assets — including a drug hotel — have been seized and sold under B.C. civil forfeiture laws, stemming from a year-long investigation into a Downtown Eastside drug den.

The seizures were part of an investigation, called Project Twizzler, which began in September 2011, of a group of alleged drug dealers who were believed to be forcing DTES residents into selling drugs and publicly shaming them.

"When we talk about the victims in this crime, this was a number of residents in the DTES that were suffering from mental illness, have severe drug addictions, alcohol addictions," said VPD spokesman Sgt. Randy Fincham. "The suspects were using that connection to the community or their addictions to force them into criminal activity."

Fincham said that head shavings are an example of public shaming the dealers used if a person didn't deliver on the sale of drugs.

During the investigation, police recovered more than $50,000 in cash, along with powder and crack cocaine, heroin, marijuana, crystal methamphetamine, oxycodone pills and a number of weapons.

The drugs had an estimated street value of more than $300,000.

"We do believe in the investigation that the building owners, as well as the managers, were implicit or involved in the drug dealing out of the building. That's why the police were able to go after the building itself under civil forfeiture laws," he said. However, investigators didn't have enough evidence to charge building owners and managers as well.

Fincham said further charges may still be forthcoming.

The building seized is the Backpackers Inn in the 600 block of Alexander Street.

A second building is also being investigated and police continue to work with the civil forfeiture office on it.

"We do believe it was the same dealers that were involved with both buildings," said Fincham.

The local men arrested are Dennis George Knibbs, 38, Randolph Aubrin Brown, 36, Mark Sean Chung, 33, and 41-year-old Shawn Anthony Brown.

VPD Sgt. Randy Fincham at the Cambie Street police station on Wednesday. KAYLA ISOMURA/FOR METRO

Recovered

From search warrants detectives executed throughout Vancouver, police recovered:

- $51,878.52 in cash, 1.66 kg of cocaine, 688.51 g of heroin, 335.75 g of marijuana, 232.50 g of crystal methamphetamine, 70 oxycodone pills, various weapons (bear spray, machetes, swords, knives and a collapsible baton).

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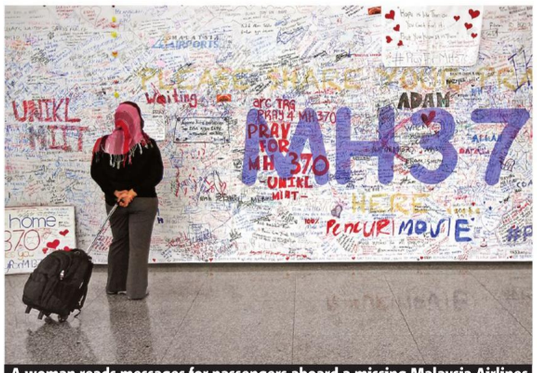
Flight 370: FBI helps study data deleted from pilot's flight simulator

Malaysian authorities. They say it seems the flight was deliberately turned back with its communications systems disabled



A woman reads messages for passengers aboard a missing Malaysia Airlines plane, at Kuala Lumpur International Airport in Sepang, Malaysia.
LAI SENG SIN/THE ASSOCIATED PRESS

The FBI is aiding Malaysian authorities investigate deleted data on a flight simulator belonging to the pilot of the missing Malaysia Airlines plane, while distraught relatives of the passengers unleashed their anger Wednesday, wailing in frustration at 12 days of uncertainty.

The anguish of relatives of the 239 people on Flight 370 boiled over at a briefing near Kuala Lumpur's airport. Two Chinese women who shouted at Malaysian authorities and unfurled a banner accusing officials of "hiding the truth" were removed from the room. In a heart-wrenching scene, one woman screamed in sorrow as she was dragged away.

"I want you to help me to find my son! I want to see my son!" one of the two unidentified women said. "We have been here for 10 days."

Files containing records of flight simulations were deleted Feb. 3 from the device found in the home of the Malaysia Airlines pilot, Capt. Zaharie Ahmad Shah, Malaysian police Chief Khalid Abu said.

It was not immediately clear whether investigators thought that deleting the files was unusual. The files might hold signs of unusual flight paths that could help explain where the missing plane went.

Defence Minister Hishammuddin Hussein told a news conference that Zaharie is considered innocent until proven guilty. He said members of the pilot's family are co-operating in the investigation.

THE ASSOCIATED PRESS

Possible sighting?

Early Thursday, Australia's prime minister said objects possibly related to the missing flight had been spotted on satellite imagery. Resources had been diverted to the area to attempt to locate the objects.

Pistorius. Girlfriend was standing in toilet cubicle as first shot hit hip, court hears

Oscar Pistorius' girlfriend was standing in a toilet cubicle and facing the closed door when she was hit in the right hip by the first of four bullets that he fired, a police ballistics expert testified Wednesday at the double-amputee runner's murder trial.

Reeva Steenkamp fell back onto a magazine holder in the cubicle and crossed her arms over her head to protect herself, said Capt. Christiaan Mangena. The second bullet missed Steenkamp and ricocheted off the wall and broke into fragments, bruising her back, he said. Steenkamp was then hit in her right arm and in the head by the third and fourth shots fired by Pistorius with his 9 mm pistol, he said. She collapsed with her head on the toilet seat, Mangena said.

Pistorius, 27, is charged with premeditated murder in Steenkamp's shooting death on Feb. 14 last year and faces 25 years to life in prison if convicted. He says he shot Steenkamp, 29, by mistake through a locked door in his bathroom because he thought she was a dangerous nighttime intruder.

THE ASSOCIATED PRESS

Empty mansion

Teenagers charged with breaking and partying

Authorities have filed criminal charges against 14 teenagers who allegedly broke into a Southern California mansion and held a party that caused more than $1 million in damage and losses, including the theft of a stuffed snow leopard. Authorities say the party promoted on social media in November brought more than 100 teens to the La Habra Heights mansion while the owner was away.

THE ASSOCIATED PRESS

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Kosovo and Crimea

Putin's justification for Crimea secession

Vladimir Putin's key argument justifying Crimea's secession from Ukraine and annexation by Russia is the West's acceptance of Kosovo's declaration of statehood in 2008. Kosovo and Crimea both sought independence against the wishes of their central governments but the two situations have many differences. With the strong support of the United States, the ethnic Albanian-dominated Kosovo seceded from Serbia over Serbia's strong objections. Russia, a historic Slavic ally of the Serbs, at the time argued that the Kosovo declaration was a serious breach of international law that could lead to a series of statehood claims elsewhere in the world. Enter Crimea, Ukraine's strategic Black Sea peninsula. After Crimean residents voted overwhelmingly Sunday to secede and join Russia, Putin is invoking the precedent of Kosovo to justify the vote while the West insists the ballot is invalid. THE ASSOCIATED PRESS

Russian President Vladimir Putin
RIA-NOVOSTI/THE ASSOCIATED PRESS

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Armed Crimean self-defence forces stand outside the Training Centre of the Naval Forces of Ukraine while taking over its control in Sevastopol, Crimea, on Wednesday. ANDREW LUBIMOV/THE ASSOCIATED PRESS

Ukraine bows to Russia's annexation

Following the referendum. Putin signed a treaty on Tuesday to incorporate Crimea into Russia

Surrendering to Russia's inexorable seizure of Crimea, Ukraine announced plans Wednesday for mass troop withdrawals from the strategic peninsula as Moscow-loyal forces seized control of Kyiv's naval headquarters here and detained its commander.

Attempting to face down the unblinking incursion, Ukraine said it would hold joint military exercises with the United States and Britain.

Hours after masked Russian-speaking troops forced their way onto Ukraine's main naval base here, forlorn Ukrainian soldiers streamed out carrying clothing and other belongings in bags. A group of local militia and Cossacks, later joined by officers from Russia's Black Sea Fleet, looked on.

Just how many retreating troops Ukraine will have to absorb in what amounts to a military surrender of Crimea was unclear. Many servicemen have already switched sides to Russia, but authorities said they were prepared to relocate as many as 25,000 soldiers and their families to the Ukrainian mainland.

Humbled but defiant, Ukraine lashed out symbolically at Russia by declaring its intent to leave the Moscow-dominated Commonwealth of Independent States, a loose alliance of 11 former Soviet nations. The last nation to leave the group was Georgia, which lost a brief war with neighbouring Russia in 2008 and ended up losing two separatist territories.

Vice-President Joe Biden, in Lithuania trying to reassure nations bordering Russia alarmed by the sight of an expansion-minded neighbour, said the U.S. would stand by them.

"We're in this with you, together," Biden said.

THE ASSOCIATED PRESS

Trapped

Thousands of Ukrainian soldiers and sailors are trapped on military bases, surrounded by heavily armed Russian forces.

- The Kyiv government said it was drawing up plans to evacuate its troops.

Alberta premier stepping down

Effective Sunday. Weeks of turmoil over lavish spending culminate in Alison Redford announcing her resignation

Alberta Premier Alison Redford announces her resignation in Edmonton on Wednesday. JASON FRANSON/THE CANADIAN PRESS

Alberta Premier Alison Redford is resigning.

Redford has been struggling to deal with unrest in her Progressive Conservative caucus over her leadership style and questionable expenses. She says her resignation will be effective Sunday.

"Quite simply, I am not prepared to allow party and caucus infighting to get in the way," she told supporters gathered in the legislature rotunda for the announcement. "I've given my heart and soul to this province, every minute for the last two and a half years."

Redford could not weather weeks of revelations of lavish spending. It began when it surfaced that she had spent $45,000 on first-class air tickets and a government plane to go to Nelson Mandela's funeral in South Africa.

Other revelations fell like hammer blows: Redford using government planes for a vacation; to fly her daughter and her daughter's friends around; to go to a family funeral in Vancouver.

There were calls for Redford to repay the money for the South Africa trip. She only did so after caucus tensions spilled into the public realm.

Last week, things went from bad to worse when Redford's character came into question.

Calgary backbencher Len Webber quit the Tory caucus, saying he could no longer stomach Redford's temper tantrums and abuse of subordinates. She wasn't a "nice lady," he said.

On the weekend, Redford was taken to task by Progressive Conservative party executive in a closed-door meeting. They emerged to say Redford would be given an unspecified "work plan" to follow.

THE CANADIAN PRESS

Joe Oliver. New finance minister plans to 'continue the government's agenda'

Joe Oliver was sworn in as finance minister. ADRIAN WYLD/THE CANADIAN PRESS

For a time, the Conservative government used something called "event in a box" to help guide MPs on public announcements, a ready-made communications kit that could be rolled out with no fuss, no muss.

As Joe Oliver stepped into the Finance portfolio Wednesday, replacing Jim Flaherty, some wondered whether he would be given any latitude, or simply be rolling out a pre-election package.

"My overarching priority is to continue the government's agenda of creating jobs and growth right across the country," Oliver said in an interview.

Oliver will preside over just one federal budget before the fall 2015 election, one that is guaranteed to feature a surplus for the first time since 2007.

Whatever moves Oliver makes will be done at least partly in the context of electoral strategy and the shape of the next Conservative platform, elements highly controlled by the prime minister and party headquarters. Keith Beardsley, a former aide to Stephen Harper, said there's a perception of 73-year-old Oliver as a placeholder before the next election.

"You now have someone stepping in those shoes with a prime minister who certainly has his own opinions on the economy, and tax cuts, and everything else. So I think leading up to the election it's probably going to be largely controlled from PMO, through the PM directly," said Beardsley.

THE CANADIAN PRESS

‘It’s pretty pathetic.’ Ecologist not impressed by Athabasca River plan

Alberta’s plan to protect the Athabasca River from the escalating pressure of oilsands development reveals how little the government understands about the environment it claims to protect, say prominent scientists and critics.

“It’s pretty pathetic,” said David Schindler, a retired University of Alberta ecologist and a leading expert on fresh-water systems. “If you were to put this before a panel of international scientists, they would be incredulous.”

Government officials say the draft plan, obtained by The Canadian Press, is the best they can do with what they have.

“The challenge we have is that we’re using what I’d call the best available science,” said Andy Ridge, director of water policy for Alberta Environment. “It’s not necessarily the best possible.… Most people are going to say we need to improve the science. But of what’s available, (we’ve) used it.”

Last December, the government distributed its draft surface water quantity management framework for the river to industry, interest groups and First Nations. Its measures are expected to be implemented by the fall. THE CANADIAN PRESS

Market Minute

DOLLAR 88.93¢ (-0.86¢)

TSX 14,334.04 (-34.94)

OIL $100.37 US (+$0.67)

GOLD $1,341.30 US (-$17.70)

Natural gas: $4.47 US (no change)
Dow Jones: 16,222.17 (-114.02)

Toyota hit with record $1.2B penalty in the U.S.

A Toyota Camry is shown after it crashed as it exited Interstate 80 in Utah in 2010. Police suspect problems with the Camry’s accelerator or floor mat caused the crash that left two people dead and two others injured. THE ASSOCIATED PRESS FILE

Largest of its kind.
While feds settled with Japanese automaker over safety issues that became public in 2009, a criminal charge was filed

The U.S. government announced a $1.2 billion US settlement with Toyota Motor Corp. on Wednesday and filed a criminal charge alleging the company defrauded consumers by issuing misleading statements about safety issues in Toyota and Lexus vehicles. The penalty is the largest of its kind ever imposed on an auto company, the Justice Department said.

The action concludes a years-long criminal investigation into the Japanese automaker’s disclosure of safety problems, which focused on whether Toyota was forthright in reporting problems of unintended acceleration troubles.

The company admitted to misleading consumers and regulators in providing assurances that it had addressed the problems — which became public in 2009 following a car crash in San Diego that killed a family of four — through a limited safety recall of certain models. Toyota knew at the time that other models susceptible to the same acceleration problem had not been recalled and also took steps to conceal a separate acceleration problem related to a faulty pedal, according to the Justice Department. THE ASSOCIATED PRESS

Criticism

“Toyota confronted a public safety emergency as it if were a simple public relations problem.”
U.S. Attorney General Eric Holder

BEER BELLY?
SEXUAL DYSFUNCTION?
BRAIN FOG?
SUGAR CRAVINGS?
GAS OR BLOATING?
FATIGUE?
TROUBLE LOSING WEIGHT?
HEADACHES?
The Many Faces of CANDIDA
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CANDIZYME
FIBRESMART
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SOCIAL MEDIA ETIQUETTE FOR DUMMIES

HE SAYS

John Mazerolle
metronews.ca

I get in Facebook fights often.

I try to be civil, but then someone will post about Phil Kessel or Joffrey Baratheon or the Judeo-Christian God and suddenly I need to let the world know why their take on the individual in question is hopelessly wrong.

Digital progress has allowed me an emotional throwback. Social media is where I can revive the rip-roaring bull sessions that used to happen at house parties in my 20s when the smell of pot was in the air, half the guests were face down in the nacho dip, and those still conscious would talk about Big Questions. Why are we on Earth? Who shot JFK? Who's better — Kirk or Picard? Did Kirk and/or Picard shoot JFK? There was a lot of drinking.

Now I can have the same sort of debates without staying up late or buying my own alcohol. (I bought my own at least twice).

Arguing without angering friends or followers can be tricky, of course, so there are rules I follow for using social media with tact. Some involve arguing, while others are just about comporting myself well online.

As with all social-media arguments, I believe my advice is Absolute Truth and anyone who disagrees is an idiot worthy of scorn. It's just the way things are done online.

John's Guide to Online Civility

Part I: Fighting Tips

- As in real life, the soundest way to deal with a fight on Facebook is to sigh heavily, clap slowly and say, "Oh, good point."
- Follow up all death threats with a smiley face to show you're probably joking.
- Whoever posts the last comment in an angry argument thread wins.
- You can avoid direct confrontation with passive aggression. For example, say a friend's status says, "I like peanut butter," you might write "You're an idiot" and you'd lose a friend. But if you write, "Anybody who likes peanut butter is an idiot" you have plausible deniability.

Part II: General Rules

- Remember that writing an offensive or ignorant tweet is one of the quickest ways for aspiring writers to get published in the Huffington Post.
- Employers commonly look at prospective workers' social media. If you must post photos of yourself heavily drinking, try to drink products from companies you might like to work for some day.
- To avoid annoying friends, try to reach a one-to-one ratio in statuses between petty whining and obnoxious bragging.
- If you must announce a death before notifying next of kin, be sure to tag it SPOILERS.

The rules in Part II might actually help you avoid arguments, if you're into that sort of thing. But regardless of whether you prefer to duke it out or play it cool, remember: Facebook and Twitter are public forums. If you must rant and don't want anyone to know, try Google Plus.

Last word!

ZOOM

Fancy a round trip to N.Y.C.?

RANDY SCOTT SLAVIN/REX FEATURES

Photograph turns city topsy-turvy

This mind-bending image of North Cove Marina in New York City will have you in a spin. The surreal landscape was created by photographer Randy Scott Slavin, who used a clever photographic technique to contort the panorama to jaw-dropping effect. METRO

Q & A

Inspiration and challenges

What's your inspiration?
My work has evolved from a love of landscape photography and dis-orientating artwork of M.C. Escher. A friend introduced me to Escher's images in elementary school and it left an indelible mark on my taste ever since.

How is the photography challenging for you?
You have to wait for the right light and in the process deal with everything that mother nature has to offer.

Snap happy

100

individual photographs were used to create the 360-degree composite image. Using picture-editing software, Slavin stitched the photos together to produce a stereographic projection (the mapping of a spherical image onto a flat plane).

Clickbait

LUKE SIMCOE
Metro Online

SCREEN GRAB

After reaching peak Flappy Bird last month, the teeming masses of the Internet have been on the lookout for the next game capable of making frustration fun. Fortunately, a 19-year-old developer has stepped up to the plate with 2048, a few lines of open-source code that resembles a math nerd's version of Candy Crush. The original game can be found at gabrielecirulli.github.io/2048, but there are also a host of goofy remixes that are more fun — or at least more weird — to play.

Doge 2048:
So 2048. Much difficulty. Wow. (doge2048.com)

Doctor Who 2048:
This game replaces the numbers of the original 2048 with various portraits of the actors who have portrayed the Time Lord. If you can build up to Matt Smith, you win! (games.usvsth3m.com/2048-doctor-who-edition)

4:
If you find 2048 too hard, try 4. If you can't win in two moves, you might want to check with your doctor. (ehzhang.github.io/4/)

2048 3D:
2048 in three dimensions. I can't even. (joppi.github.io/2048-3D/)

Twitter

@metropicks asked: A smartwatch that uses Google Now was announced. What would you want your smartwatch to be able to do?

@Canucklehead_ca: Come up with funny responses to questions immediately. (See also: delay last call.)

@TrevorMarr: ToDo list w/ GPS proximity reminder so I don't go past store/shop w/out picking up item I needed. #IWasJustThere

@redsultan: Do basic chores while I'm asleep. Project a 3D holographic image if me to replace me at exams, awkward meetings.

@mtlkeith: Tell me I am eligible for retirement!

@EvanDentremont: I have a smart watch. It already does everything. Incoming calls, emails, texts, blackjack (seriously)

@mitch_waugh: why the need for a "smart watch", when we all carry around our smart phones anyways.

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WE WANT TO HEAR FROM YOU:
Send us your comments: vancouverletters@metronews.ca

metro

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SCENE 2

It's a film! It's a play! It's Helen Lawrence!

Mixed media must-see. Dynamic duo brings story of gambling, vice and things not-so-nice to the Arts Club

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

From left, Allan Louis, Lisa Ryder and Nicholas Lea star in Arts Club's Helen Lawrence at the Stanley Industrial Alliance Stage until April 13. CONTRIBUTED

Why should you go see the world premiere of Helen Lawrence at the Arts Club? Two words: Chris Haddock.

Need more incentive? Toss in Stan Douglas, as well.

Because when one of the country's best storytellers (Haddock of Da Vinci's Inquest, Intelligence) collaborates with an acclaimed visual artist (Douglas of Win, Place or Show; Abbott & Cordova, 7 August 1971) on their collective theatre debut, Lower Mainland arts lovers must answer the call. This is just what Haddock did when Douglas asked him to participate.

"I took up Stan's offer to collaborate on this project knowing it was a huge challenge to create a script and characters that would work in the combined mediums of live theatre, film and computer-generated imagery in a way that's never been done before," he said. "That's almost as good as walking a tightrope blindfolded with no net — hard to resist for someone like me."

The project, according to pre-show publicity, is a mixed-media production set in 1948 Vancouver, in "the vanished worlds of the old Hotel Vancouver and Hogan's Alley — the city's hot spot for gambling and vice. (It's) an intriguing tale of loyalty and money that illuminates our city's politics during a time of historic upheaval."

City politics? Whatever. They had me at back-alley vice.

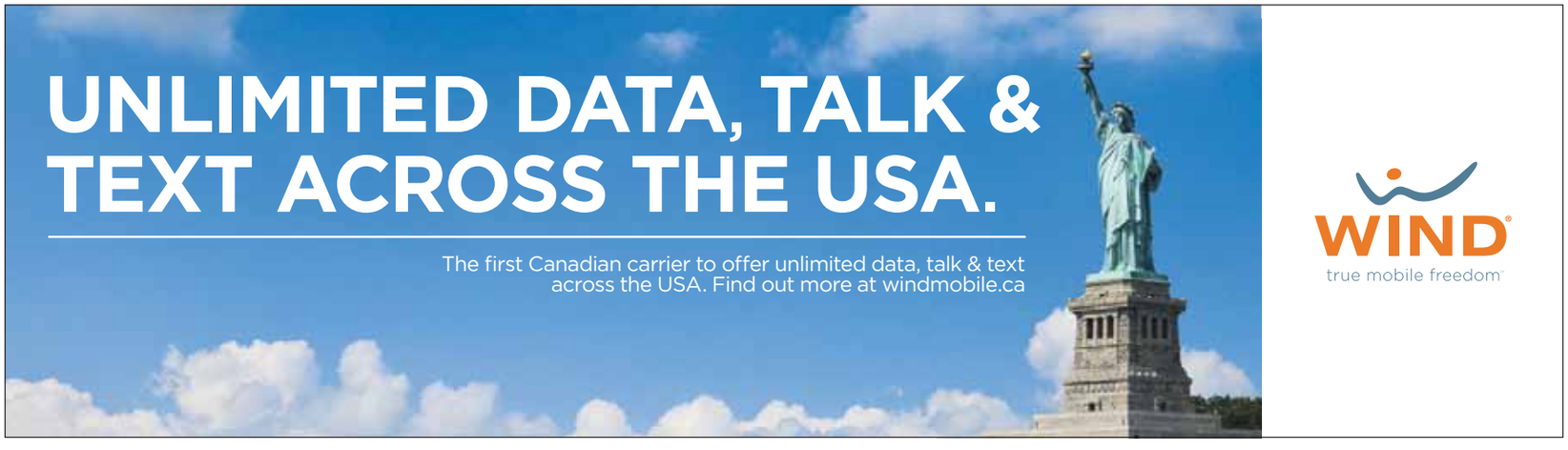
Bonus: it's a 604-trinity (local story, artists, theatre company) production with an unorthodox format.

The piece projects filmed and live images of the actors into fully furnished virtual spaces, so the story unfolds simultaneously as a film and a play.

Douglas describes it as "two ideas in play at the same time — one derived from the literal reality on stage, and the other from the images projected on screen. The images are fundamentally unstable and depict relationships that could change at any moment. As such, these visuals are much like the futures the characters are trying to forge for themselves in the story."

Come one, come all!

- **Check out Helen Lawrence at the Stanley Industrial Alliance Stage (2750 Granville St.) until April 13th. Tickets from $29. More information at artsclub.com.**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M.I.A. ALL PHOTOS GETTY IMAGES

Millions NFL is seeking from rapper still M.I.A.

Rapper M.I.A.'s feud with the NFL isn't going away, as the sports league has apparently been after her for two years to pay a $1.5 million US fine for flipping the bird during the 2012 halftime show, according to the Hollywood Reporter. And on top of that, the NFL is apparently looking for an additional $15.1 million US as "restitution" because of how much exposure the incident garnered M.I.A. The NFL maintains that her stunt was a "flagrant disregard for the values that form the cornerstone of the NFL brand and the Super Bowl" and that she breached an agreement to maintain the league's "reputation of wholesomeness," a charge her legal team finds laughable. "The claim for restitution lacks any basis in law, fact or logic," her reps says. "The continued pursuit of this proceeding is transparently an exercise by the NFL intended to bully and make an example of (M.I.A.) for daring to challenge the NFL." The rapper at least has a sense of humour about it, asking fellow halftime show performer Madonna if she could borrow $16 million in a tweet that was later deleted.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

LiLo's sex list Blooming with names

THE WORD
Dorothy Robinson
scene@metronews.ca

Everyone! Important news! More names on Lindsay Lohan's sex list have been revealed! And yes, you will want to know who they are.

Earlier in the month, I told you about In Touch's "world exclusive" report, in which the mag somehow got a hold of Lindsay Lohan's handwritten conquest list. Heath Ledger, Adam Levine, Zac Efron, Justin Timberlake, Joaquin Phoenix, Colin Farrell, Evan Peters, Wilmer Valderrama and Jamie Dornan all made the cut, for better or worse. However, some of the names were blanked out for what everyone assumed were legal reasons — but now we know it was just a clever way for In Touch to drag the story on for as long as possible.

The new batch of names include Ashton Kutcher, Orlando Bloom, Benicio Del Toro, Ryan Phillippe, rugby player Danny Cipriani, NHL player Aaron Voros and director Josh Mond. So, there you go. Everyone famous who Lindsay Lohan has had sex with. The only person who is missing is Danny DeVito. And at this point, he probably didn't make it because she couldn't figure out how to spell DeVito.

Twitter

@solangeknowles
Think'n about adding "this is shade" to all my tweets that r actually shade, in the way u have to add "this is sponsored" to avoid confusion

@AnnaKendrick47
Hey fellow humans, when u see me out picking up prescriptions and want to get a photo, can u be super cool and just not do that? Thank you!!

@pattonoswalt
"That Sherlock Cumberbatch man could find the Malaysian plane in 5 minutes." -- someone's mom, probably

Is Schwartzman's pooch really a service dog?

Every dog owner has had a momentary flash of jealousy toward service dogs. Why does someone else get to bring his dog inside a restaurant, they think, while my precious baby has to wait in the car? Such is their love for their pooches that some owners even create false service dog badges and jackets for their darlings — temptingly easy to do, especially since dogs in outfits are always adorable. Now, it seems that Jason Schwartzman's dog Arrow has temporarily joined the service dog ranks.

Grand Budapest Hotel star Schwartzman was recently in Austin for SXSW, with French bulldog Arrow in tow. Master and pup were spotted in the Austin airport preparing to board a flight, and Arrow was wearing a service dog badge, according to Page Six.

Jason Schwartzman

So what service is Arrow providing to Schwartzman? Hard to say. Service dogs are used for a variety of conditions, not all of which are visible to the naked eye. However, there are numerous photos of Schwartzman and Arrow out and about together, with no sign of a service badge in sight. Maybe Arrow's a recent grad from his training — or maybe Schwartzman just didn't want to relegate his furry friend to a crate.

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LIFE 3

Keeping it Karl and collected

The shades of showmanship. In the wake of his new flagship store opening and perfume launch, we sat down with Karl Lagerfeld to talk about street style, scents and his ever-growing list of projects

KENYA HUNT
Metro World News

'This is why I don't do selfies. I hate selfies! It's too wide, it's too wide! Take the light away. Okay, I'll go to the shelf over there,' Karl Lagerfeld says.

We're in a hotel suite in Mayfair, London, and I'm following him from one corner of the room to another as we search for good lighting and the right angle for the perfect selfie.

'Oh wait,' he gives my iPhone back to me, 'Please turn it. I can only see you. I can take a selfie of you, hmmm?' Karl then settles for a softly lit spot next to a bookshelf.

He looks remarkably spry and energetic considering that he's just gotten off a plane from Paris for a quick trip here to celebrate the launch of his first flagship store in the UK for his eponymous clothing line and his new perfume range, which is now available in stores globally.

He plans to fly back as soon as the parties are over. ('He doesn't like to be away from Choupette for too long,' one of his team members tells me.) But first there is an interview to do and selfies to take. 'I think they're electronic masturbation,' he says. But he does one for us anyway.

You've opened a new store and launched a new perfume. This is a big week for you.

This is a big week but I'm used to this kind of week so I don't consider them really big. For me it's a normal week. I do so many things at the same time. I do photos. I work on the collections to come, cruise and all that. For me, something like a launch in Paris is almost like recreation for me. Because it's different from the normal daily discipline and work.

Click and clothe: Karl Lagerfeld's new store in London has iPads built into its changing room walls so customers can take selfies while they shop.
PROVIDED

Death to all things dull

"The only thing that tires me is when I'm bored. Boredom is the most tiring thing. Perhaps people have boring lives. I have no time for that, eh?"

Well, I think that in addition to bottling your perfume you should bottle your energy and sell that in your stores.

Yes, but I need it myself so I can't sell those bottles, hmm? My energy in a way improved with age. When I was very young I had very low blood pressure and was tired all the time. Now, I'm just tired to go to bed and sleep. But I'm not tired in the rest of the day. The only thing that tires me is when I'm bored. Boredom is the most tiring thing. Perhaps people have boring lives. I have no time for that, eh?

Karl and Kenya's successful selfie.
KENYA'S PHONE

Your clothes are obvious hits on the street style circuit. What do you say to those who argue that street style culture has gone too far?

This is a fake problem. Everything changes. I think in today's world there's also big change in magazines and in the collections. We live in the middle of change. Look at how the world has changed since this and all that. The computer has changed it all. Fashion is about change and the world is about change too. The changes in the world are not as quick as the changes in fashion. But we are in the middle of a huge change. I say, don't compare the present to the past if you want to survive happily in the next period. You have to adapt. Times don't have to adapt to you. And then you start to say, 'Oh the good old days'. And then you're over.

Before we go, any dos and don'ts for habitual perfume wearers?

I wear several perfumes at the same time. You know why? Because if you only use one you don't smell it anymore. And then you put so much on that other people nearly faint when they see you, while you don't think you smell at all. So it's good for the nose to change. And then there are perfumes that I like to put on sheets and curtains.

Where do you normally like to wear it? Behind the ear, on your wrist?

Only on the clothes. Never on the skin. That's not the best thing to do. Even today it's less dangerous than in the past. In the past it was dangerous you know? In the past if you used bergamot and then went into the sun, you got sun spots. That's why women used to put it behind the ears because it's a place that the sun won't touch. I hate to have sun spots on my hands, that's why I wear the gloves. You have to take care of these things, you know? You don't have this kind of problem but I have.

Karl! You've done so many things.

Never enough.

You once said that you would never put your name to toilet paper.

I haven't been proposed with that kind of project yet and I don't think it's that chic but it's stuff everybody needs so that could change my mind.

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(MAYBE THAT'S WHY FIREFIGHTERS ARE SO HOT!)
Let's talk!
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Canadian street style

Spotted in: Toronto

Name: Rea McNamara

Occupation: Assistant Art Curator

What she's wearing:
A mix of closet staples, hand-me-downs and borrows! The denim vest came from a sale at the Levi's outlet many moons ago in Cookstown. The crochet Henley shirt came from a garbage bag full of clothes an ex-roommate of a friend left behind. The Anne Klein white shirt was a hand-me-down from my ex's mom. The long black skirt was a Junction vintage find, but deliberately buttoned-up haphazardly to look like a Comme des Garçons piece.

Her inspiration:
Diana Ross in Mahogany

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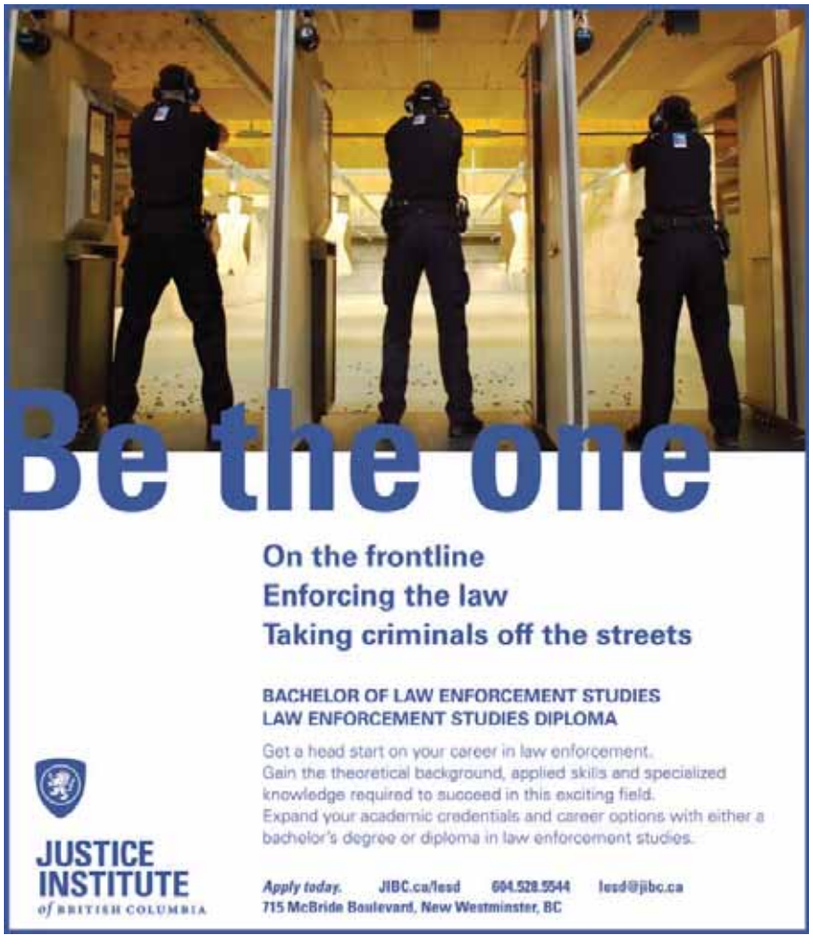
Trends Report

Ugly shoes are set to be the next big trend this spring, seen all over the runways at Milan and Paris fashion weeks. Go online to Trends Report and take a look at the 'ugly' shoes, which seem to go after comfort first, and let me know — would you choose heels or step into a pair of these?

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo: Getty Images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- Willowbrook Mall

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- Haney Place Mall

NEW WESTMINSTER
- Queensborough Landing

PITT MEADOWS
- Meadowtown Centre

RICHMOND
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Ceiling the deal with colour that hits the high spots

White isn't the only option. Colourful ceiling exceptions to the blank canvas rule

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I am re-painting the inside of my house this spring and I'd like to paint the ceilings a colour other than white. What are the designer rules? — Caren Lim, Vancouver

I'm sure you've often heard that ceilings should always be painted white, as it helps bounce natural light down into the room and offers visual relief from all the other colours and patterns in a room. That decorator rule holds true most of the time, but there are a few exceptions when changing up the colour of the ceiling has some advantages.

Extra-high ceilings

An extra-high ceiling in a small room can make a room feel smaller as it throws the proportion of the room off, giving it the cracker-jack box effect. Painting the ceiling (and any crown moldings) the same colour as the walls will help to visually lower the ceiling and soften the edge from wall to ceiling.

Vaulted rooms

Angled ceilings and walls are often features on the upper floors of older homes. A trick to take away the angles is to paint the walls, angled areas and ceiling the same colour. Wallpapering everything with a small patterned print will also help visually take away any distinct angles. Another trick is to add tall beadboard wainscotting to the walls, then paint the remaining top wall space and ceiling a great colour.

Generous to a vault

Painting the ceiling (and any crown moldings) the same colour as the walls will help to visually lower the ceiling and soften the edge from wall to ceiling.

A room with dark walls

Whenever I paint a very dark room (like a cranberry red dining room or navy blue family room) I paint the ceiling a much lighter version of the floor colour. For example, if the wood floors in a dining room are golden oak, then I'd paint the ceilings a very pale golden taupe colour. This helps take away that crisp light-to-dark edge that would happen with dark walls and white ceiling. It softens the feeling of the room and helps to create a nice glow in the room. Using a gloss paint with dramatic wall colours can also add a touch of glamour and is becoming a big trend.

Wallpaper on a ceiling

The only time I have ever seen wallpaper work well on a ceiling is when a gold or silver-leafed paper was applied, giving the ceiling a sheen and lux touch. This looks exceptionally great in dramatic rooms like dining, powder or bedrooms where silver or gold metal tones are used.

In basements

A very-barely-there blue is a great option as it keeps the room feeling bright. Blue is also a reflective colour that helps brighten dingy spaces.

White walls: Trick the eye by adding tall beadboard wainscotting and painting the wall above and the ceiling in a great colour. CONTRIBUTED

Crowning glory: For a dramatic touch, gold-leafed paper provides a luxurious sheen. CONTRIBUTED

Come together: Papering ceilings and walls in a small patterned print minimizes angles. CONTRIBUTED

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An easy to grow, flamboyant red orchid cactus. LEE REICH/ THE ASSOCIATED PRESS

In the twinkling of a cacti

Unusual bloom.
Flowering easy-to-grow cactus likes lots of water

The biggest problem with growing orchid cacti is figuring out just what they are.

They are cacti, but are not spiny. Their spectacular blossoms are neither orchids nor orchid-like.

Sometimes orchid cacti are called epiphyllums, which is also the botanical name of some orchid cacti. The word epiphyllum means "on the leaf" and refers to the way the flowers just pop out from the edges of the ... well, they look like leaves but they're really just flattened stems.

Enough with the semantics! The important thing is that fat flower buds on my orchid cacti's stems are about to burst open into spectacular white, pink or scarlet blossoms. And coaxing forth these blossoms requires very little effort.

This cactus likes moisture

Although orchid cacti, or epies (short for epiphyllums) as they are sometimes called, are true cacti, they are not native to deserts but to lush, tropical jungles. There, they nestle into forks in tree branches or into rock crevices where enough humus has accumulated to retain moisture.

The plants enjoy soils that are both well-drained and retain moisture. Use standard potting mix with a little extra perlite for drainage; you could also make up a mix using peat moss, compost, and perlite or sand.

Here, out of the jungle, the plants look right at home in hanging baskets, from which their arching, flattened stems, scalloped along the edges, can swoop up and out as fountains of greenery.

In contrast to the night-blooming cereus cactus, an epiphyllum species that is spectacular and fragrant the few nights that it blossoms, the flattened, green stems of orchid cactus are nice to look at year round.

Give them a rest

In return for flowers, which last for weeks but usually appear only once a year, epies ask for regular watering, occasional fertilizer and, once a year, a rest. The one period when epies should not be watered is, conveniently, beginning in fall when they begin their annual rest.

To set flower buds, the plants also allegedly need to experience the naturally long nights of autumn and winter, so they mustn't be interrupted by artificial light after dark. You can put your plants in a bright window in a cool corner of a basement, for instance, and forget about them until ready to bring them upstairs and let water and warmth bring on the flowers. Merely not watering them at all from the time they are brought indoors in autumn is sufficient to induce flower buds. Swelling flower buds indicate that it's time to start watering again.

In summer, the plants like being outdoors in filtered shade such as they might enjoy in their native haunts.

THE ASSOCIATED PRESS

What's in name

- Epiphyllums and related species were first hybridized in England about 1830.
- At first, the only colours available were whites, pinks and reds, not much of a limitation given the drama of the blossoms. Humans will be humans though, and in 1950, breeding efforts brought forth the first yellow orchid cactus, called Reward.
- Epies have been so hybridized that many now have few or no epiphyllum genes in them.

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Rehab your rubbish

DIY. Give wooden salvage a second life with four ideas that turn junk into gems

Every homeowner is guilty of abandoning old home furnishings that were left to collect dust. Don't wait any longer to rescue your forgotten gems from the dust bunnies in the back of your closet, attic or garage. Consider transforming odds and ends into helpful household items which can be both cost effective and practical. You may discover that even the most seemingly useless items can be functional again with a little inspiration and a touch of creativity.

Salvage Dawgs

- For more DIY ideas on salvaging old finds, tune into Salvage Dawgs, Tuesdays at 9:30 p.m. on DIY Network Canada.

4 ways to repurpose household items

When opportunity knocks

Give your morning coffee and newspaper a place to relax by repurposing an old wooden door into a new coffee table. First, sand down the wood to ensure that there are no rough areas that may cause splinters or harm and then either paint or stain the wood. Next, salvage legs of the same length from old furniture, or make your own, and attach them to the bottom. Choose a rustic look by leaving it bare, or give it a sophisticated touch with the addition of a glass top.

Solve your window panes

Never forget to pick up groceries again by turning a plain window frame into a versatile cork board. Use double-sided tape to fasten cork behind the window frame and mount it on a wall in your home. Use push pins to post notes, grocery lists and reminders as well as pictures to add a personal touch to your home. For additional convenience, consider adding a shelf to set down your house and car keys.

Stairway to spick and span

Organize your front hall area and impress your guests by showing off a new convenient coat rack created from an old stairway banister. Simply coat the wood with a splash of paint, attach the banister to a sturdy stand, add some hooks, and you'll have a new home for coats and accessories.

Shutter the clutter

If your mail pile is mayhem, consider the shutter solution by converting wooden window shutters into a practical mail and letter holder. The shutter solution is a great way to give your home a pop of colour or to experiment with stencilling for a unique design. Once you have decided on the design, mount the shutter to your desired area and watch the cluttered chaos disappear.

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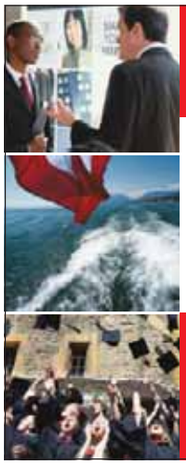

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Blow away the cobwebs

Spring-cleaning senses tingling? Tackle those walls

It's easy to pass by walls and woodwork every day without a second glance, but spring-cleaning season is a great time to give them the attention they deserve.

"It doesn't have to be as difficult of a job as it sounds," said Amy Panos, senior editor at Better Homes and Gardens.

Once you have a fresh coat of paint, lightly dust the walls about every three months, Panos said.

"You don't need to get a bucket and soap and sponge and completely wash down the walls," she said. "Make it easy on yourself by getting a tool with an extension pole so that you can stand on the ground and take care of the job in just a few minutes rather than having to drag out a ladder."

Clean the ceiling first, with a dust-attracting microfiber mop on the extension pole for smooth ceilings, or a slightly damp paint roller on the pole for a popcorn ceiling, she said. The walls can be cleaned from top to bottom with the mop (dry or slightly damp), and the baseboards hand-cleaned with a microfibre cloth.

"Keeping the environment as dust-free as possible is helpful for a good interior air quality," Panos said.

Grech recommends regular cleaning where dusts collects, such as on baseboards, as well as on window ledges where it can mix with moisture and turn into a mess.

"You want to clean the areas that are getting a little bit more abused to keep it fresh," she said.

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A red-and-grey-coloured roof that replaced a storm damaged black one at Carol and Ray Knoff's home in Vinton, Iowa. DAVINCI ROOFSCAPES/THE ASSOCIATED PRESS

Colour up on the roof

Everything Victorian in new again. Vintage-hued roof shingles are back in fashion

When a 2011 storm destroyed their black shingle roof, Carol and Ray Knoff of Vinton, Iowa, opted to replace it with a roof in vintage Victorian colours: a clay-like red and grey.

Victorian homes typically had red slate roofs, which weathered grey over time, so the blend worked, says Carol Knoff.

"It took Vinton a while to like it," she says, but the neighbours have since come around. The 1901 house is among several Victorians built when Vinton housed one of the world's largest canneries.

Many homeowners these days are shunning monotone roofs of brown, black and grey and perking things up with colour — blues, reds, purples, greens or combinations of those hues.

"A lot of people are going with roofs that stand out on their own," says Kate Smith, a Newport, R.I.-based colour consultant. "They want something different that expresses them and expresses their personality."

Which could be a tricky proposition, says Smith: "You want to stand out while still fitting into your neighbourhood," she says.

She admits to being taken aback herself when coloured roofs first came into vogue several years ago.

Exterior home colour should always be used judiciously, she says. But it is even more crucial to use it correctly when you're adding it to a large fixed feature, like a roof, that is not easily changed with a fresh coat of paint.

"Anything that's permanent needs to blend," she says. "You don't want to have too many colours that aren't working together."

One trick for doing that, Smith says, is to select roof colours true to your home's history and architecture, and in natural shades.

For instance, Victorian homes originally had coloured roofs — reds, orange, purple and green were typical — because the colour of the slate varied so much, she says. Homeowners wanting to restore that look should match those subtle tones.

"When you saw purple, it was not a bright Barney purple," she says.

Bright metal roofs — most often red or green — are better suited for farmhouse-style homes, or used over small structures like porticos or bay windows. Steel blue is more European.

Coloured roofs are also starting to crop up on "new American-style" homes, which Smith describes as combining popular styles and materials, perhaps, say, a stone and brick exterior with a copper roof.

Many customers appreciate help picking the right shades, Bruch says. "It can make it confusing for the homeowner when you have too many options," she says.

THE ASSOCIATED PRESS

The risk of installing a coloured roof was well worth taking

"We absolutely love it. When you see our house, it really stands out. But Victorians are supposed to be homes that stand out."

Homeowner Carol Knoff

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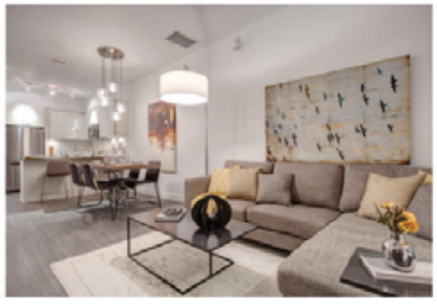

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Letting it all hang art at home

Frame of mind. Master a few picture-hanging skills and you'll be playing to the gallery

How art and pictures are hung can change the way a space looks, but placing and hanging pieces properly requires a bit of skill.

Interior designer Shelley Kirsch says the most important step in putting up art in a home is to make sure it is at the right height.

Height matters

"It's a good idea if you are hanging a piece to get it so the centre of the picture is at eye level," she says.

If a piece is hung too high, Kirsch says, it can be disorienting to the viewer.

Putting a photo or painting above a couch requires considering the height of people sitting below it.

According to Kirsch, a homeowner should get a person of average height to sit on the couch and then measure 23 centimetres above and make a mark, which is where the base of the frame should be.

"If people are trying to hang something over a sofa they have to make sure when someone is sitting on the sofa their head won't be hitting the picture," says Kirsch.

See the light

Before a homeowner puts the art on the wall, Kirsch recommends looking at how the surrounding lighting will shine on the piece.

"Make sure when you are hanging your art the lighting that is shining on the piece isn't bisecting or trisecting it," she says. "You have to be conscious about how light is reflecting in the area where the piece is being hung. What you want to do is try to get an even arch. If you are dealing with pot lights like most people are, you want to make sure the whole image is being washed, not just a portion of it."

On the level

When it comes to making sure your painting is straight, Jenny Martin recommends using two hooks to make sure the piece doesn't slump.

"You can use a level to help make sure the piece is straight, and there are specific tools on the market to help hang art, but I don't know if they are that great," says the Victoria interior designer. "If you are using a wire on the back of a piece of art, that leaves more room for it to swing and move around which isn't going to keep it as straight, which is why I recommend using two fixed hooks."

Group dynamic

Instead of the traditional look of photos centred in a linear line on the wall, many homeowners are choosing to group multiple pieces together to create a collage-type feature.

Martin says homeowners should take time to map out the grouping they are going for before they start putting nails in the wall, and to pick a common theme among the pieces. "If you keep one element constant throughout the grouping it creates a great effect," she says. "You could have a whole bunch of coloured frames, but all the prints are black and white, or you could have frames that are the same colour but are different profiles, sizes and mouldings."

THE CANADIAN PRESS

Height and proportion are important considerations when hanging art at home. SHELLEY KIRSCH DESIGN/THE CANADIAN PRESS

Easels, tracks and rails

While the most common way to put a piece up on a wall is with a hammer and hook, there are many other products such as gallery-style tracks, which allow homeowners more flexibility with changing pieces.

• "There are other hanging systems that don't make marks on the wall that are adjustable," says Jenny Martin. "Easels can be fun as well, making larger pieces a sculptural element.

• "Picture rails are also fun. You use pieces of trim and make a ledge that you can set pieces on and lean them against the wall."

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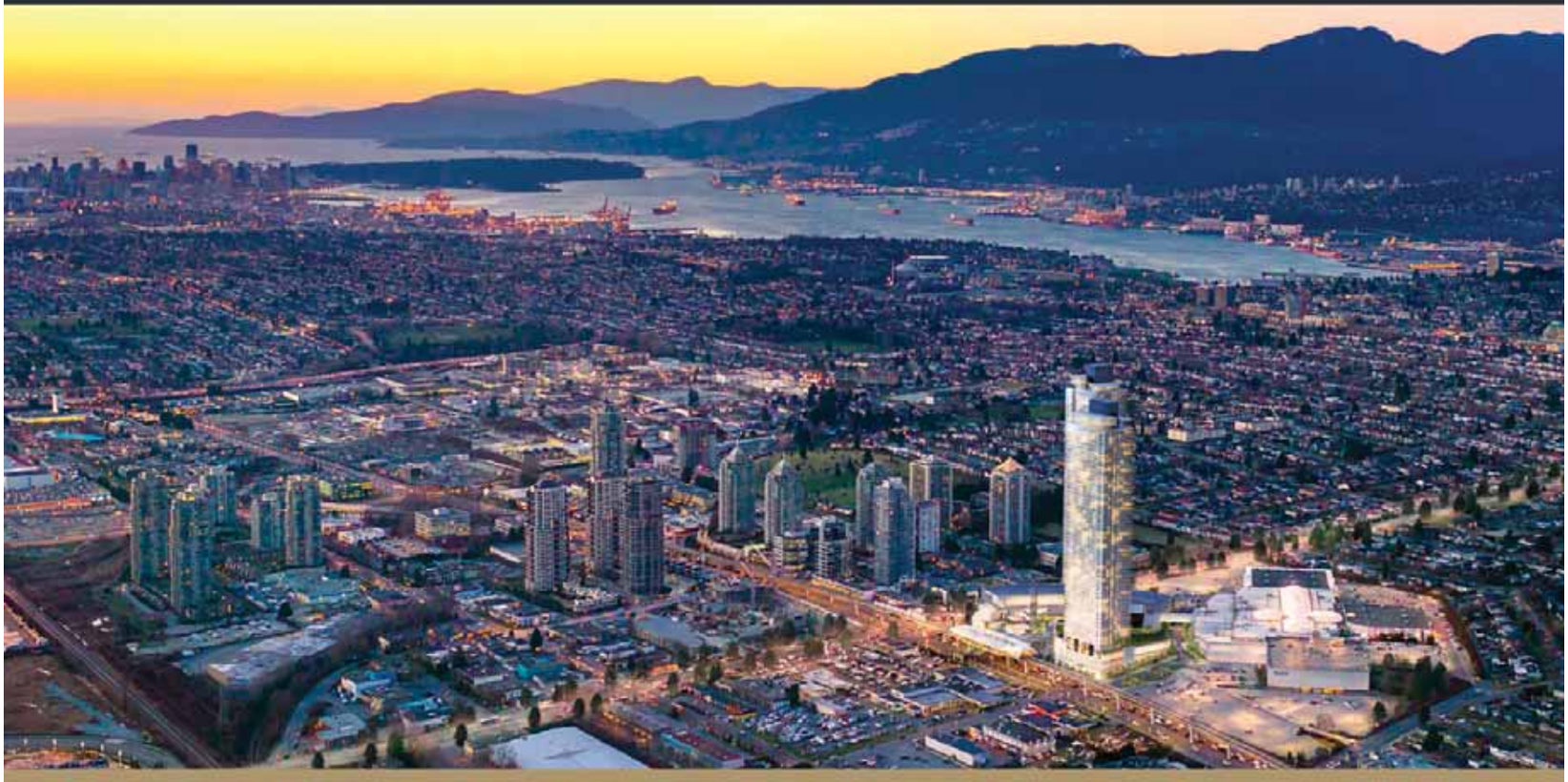

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Cookbook of the Week

Spice up your life

The latest release from Bal Arneson, Bal's Spice Kitchen, has a two-fold premise: spice is the key to delicious cooking and making flavourful meals doesn't need to be time consuming. Using traditional Indian recipes as her inspiration, Arneson shows chefs how to complement their dishes with new spice combinations. With a guide to creating your own spice mixtures, recipes include: Mango and Cardamom Soup, Mixed Lentils with Eggplant, Tandoori Baked Chicken and more. METRO

Infusion of Indian ingredients

Rib-eye Steak with Toasted Coriander Blue Cheese. The combination of exotic spices and jazzed up cheese is drool worthy

"When I ask for prime beef, my local butcher knows that it better have been dry-aged for at least 40 days," writes Bal Arneson in her book Bal's Spice Kitchen. "It is often difficult to find well-aged meat, but once you try it you will know exactly what I am talking about. Infused with the spices I chose ... this is a rare treat for your guests or for you. I have cooked this several times just for myself and thoroughly enjoyed it with a nice glass of red wine."

1. Steak masala: In a skillet, toast the cumin seeds, fennel seeds, mustard seeds and peppercorns on medium-low heat until the spice aromas fill the air, about 30 seconds. Turn off the heat and let the pan cool. Process the spices in a spice grinder until coarsely ground, then add the fenugreek leaves, paprika, chili flakes and salt, and give the grinder a spin.

2. Preheat the grill to medium-high. Sprinkle the steak masala on the steaks. Gently place the steaks on the heated grill and cook for about 3 to 5 minutes on each side for medium steaks, or to your preferred doneness. Let them sit for a few minutes before serving.

3. Toasted coriander blue cheese: Toast the coriander seeds on low heat in a skillet for 30 seconds. Let them cool, then crush them with your hands. In a bowl, thoroughly combine the coriander seeds, blue cheese and paprika.

4. Sautéed asparagus: In a saucepan, heat the oil on medium-high. Add the garlic and cook for 30 seconds. Add the asparagus and salt and pepper and cook, stirring frequently, until the asparagus is tender, about 10 to 12 minutes.

5. To plate the dish: Place the asparagus on a plate. Slice the cooked steaks and crumble Toasted Coriander Blue Cheese on top. RECIPES EXCERPTED FROM BAL'S SPICE KITCHEN (WHITECAP, 2014)

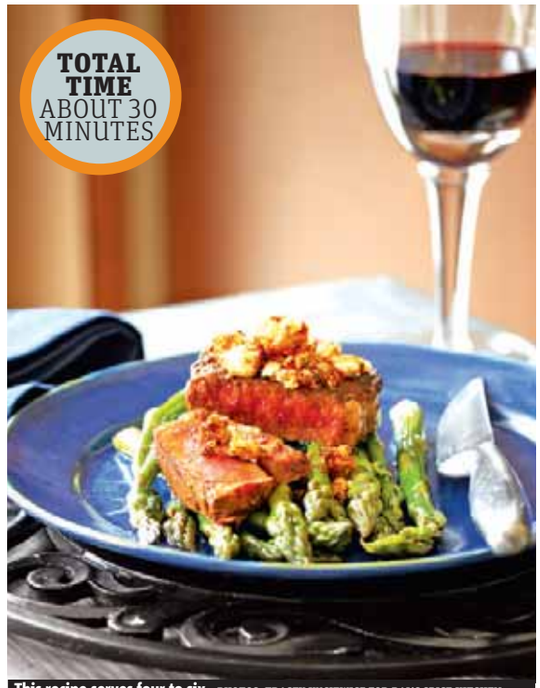
Ingredients

Steak Masala
- 2 tbsp (30 ml) cumin seeds
- 1 tbsp (15 ml) fennel seeds
- 1 tsp (5 ml) brown mustard seeds
- 1 tsp (5 ml) black peppercorns
- 1/4 cup (60 ml) fenugreek leaves
- 1 tsp (15 ml) smoked paprika
- 1/2 tsp (2 ml) red chili flakes
- 1/2 tsp (2 ml) salt

Steak
- 1/4 cup (60 ml) steak masala
- four 6 oz (175 g) dry-aged rib-eye steak (I prefer 1 1/2-inch/4 cm thick)

Toasted Coriander Blue Cheese
- 1 tbsp (15 ml) coriander seeds
- 1/2 cup (125 ml) blue cheese
- 1 tsp (5 ml) smoked paprika

Sautéed Asparagus
- 1 tbsp (5 ml) cooking oil
- 1 tbsp (5 ml) chopped garlic
- 1 lb (500 g) asparagus, hard ends removed
- salt and pepper to taste



This recipe serves four to six. PHOTOS: TRACEY KUSIEWICZ FOR BAL'S SPICE KITCHEN (WHITECAP, 2014)

DISTRIBUTION ASSISTANT (PART TIME)

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing! When you join Metro, you become part of a cross-country community. We strive to provide a culture that is engaging, flexible and creative; we value our employees and their feedback.

PRIMARY RESPONSIBILITIES:
- Checking Vending boxes and Metro News delivery points
- Engage with our Metro dealers to provide the best delivery options
- Provide solutions and options for managing all our newspaper pick up points
- Processing collected field data and other administrative duties

REQUIREMENTS OF THE POSITION:
- Organized, detail oriented, and computer savvy
- Familiar with the City of Vancouver
- Presentable, confident and articulate
- Able to work flexible hours
- Valid Class 5 driver license and reliable vehicle is a must

Individuals interested and having the skills described possess the skills described are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than March 28, 2014.

PLEASE QUOTE: "DISTRIBUTION ASSISTANT (PART TIME) — Vancouver" in the Subject Line. All submissions will be treated as confidential.

metro

Side. My Mother's Okra with Sautéed Tomatoes

This recipe serves four people.

1. For the okra: Make an incision down the middle of each okra from one end to the other. Thoroughly mix the spices and salt in a bowl. Place a pinch of spice mixture in each okra.

2. Heat the oil in a large skillet on medium heat. Gently place the okra in the skillet and cook, stirring frequently, until they are golden brown and soft, about 6 to 8 minutes. Set aside.

3. Heat the oil in a large skillet on medium heat. Add the cumin seeds and cook for 10 seconds. Add the tomatoes, salt and pepper and turn down the heat to low. Cook until the tomatoes are softened, about 8 to 10 minutes.

4. Reheat the okra if necessary. Serve with rice or rotis.

Ingredients

Okra
- 1 lb (500 g) okra, washed, hard ends removed
- 2 tbsp (30 ml) ground coriander
- 1 tsp (5 ml) ground turmeric
- 1 tsp (5 ml) smoked paprika
- 1 tsp (5 ml) salt
- 2 tbsp (30 ml) grapeseed oil

Sautéed Tomatoes
- 2 tbsp (30 ml) grapeseed oil
- 1 tsp (5 ml) cumin seeds
- two 19 oz (540 ml) cans chopped tomatoes (about 4 cups/1 L)
- salt and pepper to taste

For your phone

Yummly (iPad, iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

This cuisine search engine will help you sift through online recipes by nutrition, season, diet, and cooking time.

It notes the ones you keep and makes personal recommendations in response.

MLS

No ifs, ands, just butts for Whitecaps

It didn't seem too funny at the time, when Chivas USA scored their first goal Sunday.

But Vancouver Whitecaps goalkeeper David Ousted and centre back Jay DeMerit were both able to have a laugh about it a couple days later. Chivas midfielder Erick Torres scored on a strike that deflected off the backside of DeMerit and past Ousted, who was moving to his left and couldn't dive back to his right in time to make a save.

"Jay's getting a lot thinner, so if he had been a little bigger down there, it wouldn't have gone in," Ousted joked earlier this week.

It's a funny way to transition into the conversation of the Whitecaps' preference on shot-blocking. Ousted has no qualms with defenders getting their bodies in front of shots.

"If we can block the shot, it makes my life a lot easier," said Ousted.

In this case, DeMerit said he was just marking the other Chivas player — Mauro Rosales — on the run, and didn't see the initial shot until it hit off him.

The scoring chance itself resulted from a Nigel Reo-Coker turnover.

But Ousted and DeMerit believe Vancouver's central defenders, including Andy O'Brien, were in good position against the counter attack. What happened was just unlucky.

"As a defender, you've just got to deal with the situation as it comes and that's exactly what we did," said DeMerit.

CAM TUCKER/METRO

Jensen, Canucks down Predators

NHL. 2011 first-round draft pick proving to be a bright spot during a dark time for Canucks

CAM TUCKER
cam.tucker@metronews.ca

Canucks Henrik Sedin, left, and Nicklas Jensen celebrate Jensen's goal against the Predators on Wednesday night at Rogers Arena. DARRYL DYCK/THE CANADIAN PRESS

Nicklas Jensen continues to make the most of his recall to the National Hockey League. He remains the recent highlight of a season gone woefully awry.

Through two periods, the host Vancouver Canucks and Nashville Predators slogged their way through a tight-checking, at times sluggish game between two teams both out of the playoff picture in the Western Conference.

It was devoid of flow, or excitement. But the Canucks, coming off a lengthy travel day from the state of Florida, came alive in the third period and it was Jensen, Vancouver's first-round pick from 2011, leading the way.

And the Canucks battled to a 2-0 win, which puts them at 74 points. Their playoff chances are minimal at this point, with 10 games remaining in their schedule. But they managed to get back within three points of the eighth-place Phoenix Coyotes.

Jensen broke a scoreless deadlock, ripping a perfect wrist shot to the top shelf of the Nashville net, over the left shoulder of goalie Carter Hutton just past the six-minute mark of the third period.

He's up to three goals in seven games since getting the call up to the big league from the Utica Comets. And, similar to his previous goals, his wrist shot — quick, accurate, heavy — was on display.

Alex Edler gave Vancouver a two-goal lead shortly after the Jensen goal.

The Canucks made quick work on the power play, with Edler's slap shot from the point somehow beating Hutton on the power play.

On Wednesday

2	0
Canucks	Predators

Has Tanev skated his last shift in 2013-14?

Barring an early individual comeback or playoff berth, it appears Vancouver Canucks' defenceman Chris Tanev is done for the season.

- Tanev has a broken finger, and according to head coach John Tortorella, is out three to four weeks. It's believed this injury was suffered blocking a shot Monday.
- After Wednesday's game against Nashville, the Canucks, currently 10th in the Western Conference standings and out of a playoff position, have only 10 games remaining.

Franson hopes to return for playoff opener

Vancouver Giants forward Cain Franson falls into Paul Bittner of the Portland Winterhawks at Pacific Coliseum last month. BEN NELMS/GETTY IMAGES

With a birthday next week, Cain Franson is further reminded of his last hurrah with the Vancouver Giants.

Franson turns 21 years old next Tuesday, so his time as a player in the Western Hockey League comes to a conclusion at the end of this spring. It's inevitable, although the Giants have an underdog's chance of delaying that as long as possible.

The Giants, seventh in the WHL's Western Conference, take on the Portland Winterhawks, ranked third in the entire CHL, in the first round of the playoffs. The best-of-seven series begins with Game 1 on Friday in Portland.

Franson, who scored 30 goals and 63 points this season, missed the final two games on the schedule due to what he described as a neck injury. He didn't take part in Monday's practice, but skated Tuesday and Wednesday in a yellow jersey, meaning no contact.

"Injuries are the bad part of the game and it's my last year, so I'm going to do everything I can to get out there and play," said Franson on Wednesday.

Head coach Don Hay will talk to the trainers before making a decision on whether Franson gets into the lineup for Game 1. It appears it will be a game-day decision.

"He's doing most of the drills, he's just not getting heavy contact. He's getting bumped a little bit and that's a positive sign. To me he's looking better and better every day," said Hay of Franson. CAM TUCKER/METRO

4 SPORTS

Raptors keep Pelicans from spreading their wings

Pelicans guard Eric Gordon drives to the basket against the Raptors' Nando de Colo in New Orleans on Wednesday. The Raptors won 107-100. Toronto's DeMar DeRozan scored a game-high 31 points, while Kyle Lowry chipped in with 23. Jonas Valanciunas was absent from the Raptors' lineup with a sprained lower back. JONATHAN BACHMAN/THE ASSOCIATED PRESS

The prez says...

Obama sides with Michigan State

President Barack Obama is picking Michigan State to win the NCAA men's basketball championship over defending champion Louisville. In what has become an annual March Madness tradition at the White House, Obama filled out a bracket in a segment broadcast on ESPN Wednesday.

Florida and Arizona rounded out Obama's Final Four picks. But he said the talents of Michigan State coach Tom Izzo made him pick the Spartans to go all the way.

THE ASSOCIATED PRESS

Slam dunking funds

$1.2B

The amount the outplacement firm of Challenger, Gray & Christmas estimates is wasted by U.S. employers for every hour their employees obsess over the March Madness tournament.

Canadians playing key roles in March Madness craze

NCAA basketball. Canucks from coast to coast in tournament speak to improved product north of border

The sheer numbers are impressive and will make Canadian basketball fans sit up and take notice of the continued emergence of the game in the country.

But it is more than the two dozen-plus Canadians who'll contest NCAA March Madness starting this week.

To Rowan Barrett, the assistant general manager of Canada's senior men's team and one of the iconic athletes this country has produced, the numbers only tell part of the story.

When fans start tuning in Thursday, the phenomenon is not the quantity but rather the quality.

"These are players in prominent roles," Barrett said in a telephone interview from Los Angeles on Wednesday afternoon. "They are conference MVPs, conference freshmen of the year. It's not just that they are in the tournament, they have major roles and are drivers of their teams."

Michigan's Nik Stauskas, of Mississauga, was named the Big Ten conference's player of the year. ADAM HUNGER/GETTY IMAGES

The top players everyone knows — NBA prospects like Andrew Wiggins, the Big 12 freshman of the year at Kansas; Tyler Ennis of Syracuse, a mid-season finalist for the Wooden Award that goes to the top NCAA player, and Nik Stauskas of Michigan, one of the best shooters in U.S. college basketball.

But there are others, like Big 12 player of the year and scholar-athlete of the year Melvin Ejim of Iowa State and Dwight Powell of Stanford, another mid-season Wooden finalist.

The contributions of the 27 Canadians in the tournament should turn some heads.

For Barrett, the depth of talent speaks to the improved caliber of play across the country. Traditionally the overwhelming majority of top Canadian prospects came from Toronto and southern Ontario, but that is not the case any longer.

Khem Birch, second in the NCAA in blocked shots, is from Montreal while Jordan Bachynski, the NCAA leader in blocks is from Calgary; the talent can be found from coast to coast.

"I think it shows the next generation that background doesn't matter," said Barrett. "They see these players from all over, it's exciting for Canada and Canadian basketball.

"They don't go down there to just play. They go down there and player their way into important, major roles."

TORSTAR NEWS SERVICE

25th ANNIVERSARY HALF MARATHON
MAY 4TH, 2014 REGISTER : BMOVANMARATHON.CA
Stunning + 8KM.
A beautiful, scenic course beginning in Stanley Park at 9:30am. Finish Downtown in the pulse of the city with thousands of spectators cheering your achievement.
BMO
Vancouver Marathon
FULL | HALF | 8KM | 8KM TEEN CHALLENGE | KIDS
RUN VAN
VANCOUVER INTERNATIONAL MARATHON SOCIETY
Running Room
saucony
CTV

Curling

Canada on top at women's worlds

The skip's voice rasped and there was fatigue in her face.

Rachel Homan and her Ottawa Curling Club team were ready to put their feet up for an evening and a morning at the Ford World Women's Curling Championship after three straight wins, one of them a white-knuckler.

"Oh my god, so ready. I can't wait to not curl for 24 hours," Homan said Wednesday. "I feel like it's midnight, so it will be nice to get a break."

The Canadians arrived at a break in the schedule tied atop the standings with Switzerland's Binia Feltscher at 8-1. Canada finishes the round robin Thursday against China and Sweden.

THE CANADIAN PRESS

Champions League. RVP sends United to quarters

Robin van Persie ushered Manchester United into the Champions League quarterfinals — and potentially saved his manager's job — with a hat trick in a 3-0 victory over Olympiakos that completed one of the competition's greatest comebacks on Wednesday.

On one of the memorable European nights at Old Trafford, Van Persie scored three times in a 27-minute span either side of halftime to overturn a 2-0 deficit from the first leg. A slew of brilliant saves by David de Gea were also key to a famous win for the English champions — and a vital one for their manager, David Moyes.

Moyes' position had come under intense scrutiny after United's humiliating 3-0 loss to fierce rival Liverpool in the Premier League on Sunday, the latest in a string of dreadful results in his first season in charge.

Manchester United forward Robin van Persie GETTY IMAGES

Borussia Dortmund lost 2-1 at home to Zenit St. Petersburg but advanced on 5-4 aggregate. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
The Sun moves into your sign today, so there can be no more excuses. You know what you want, you know how to get it and you know that if you make a genuine effort nothing can stop you. The world is yours.

♉ Taurus
April 21 - May 21
Cosmic activity in the most sensitive area of your chart means you may tend to fear the worst over the next few days, but that is quite natural. How good or how bad you feel is really up to you alone.

♊ Gemini
May 22 - June 21
There are so many positive influences for friendship at the moment that you would be a fool not to take advantage. If you need assistance in any way just open your mouth.

♋ Cancer
June 22 - July 23
If you want to move up in the world, it's time to get yourself noticed. It does not matter how much talent you have, what truly matters is that you have a clear goal in mind and that you go after it.

♌ Leo
July 24 - Aug. 23
Nothing matters more than the truth and if you keep that in mind over the next few days, you won't go far wrong. The truth may at times be uncomfortable but that is not an excuse to ignore it.

♍ Virgo
Aug. 24 - Sept. 23
The Sun's change of signs means you need to change too. It also means you need to get rid of ideas you are comfortable with but which in are holding you back.

♎ Libra
Sept. 24 - Oct. 23
There is no point trying to keep plans to yourself because loved ones and co-workers will find out about them. You have nothing to hide, so let them know what you are up to.

♏ Scorpio
Oct. 24 - Nov. 22
It is one thing to be a hard worker but another to waste time and energy on tasks that mean nothing to you. Your aim today must be to decide what is important to you and what should be trashed.

♐ Sagittarius
Nov. 23 - Dec. 21
The Sun's move into your fellow Fire sign of Aries endows you with the kind of self-belief that moves mountains. There is a world out there waiting to be impressed by your brilliance.

♑ Capricorn
Dec. 22 - Jan. 20
You don't need to explain why you are doing certain things. Others will respect you more if you are confident about following your dreams. Don't complain. Don't explain. Don't apologize. Just act.

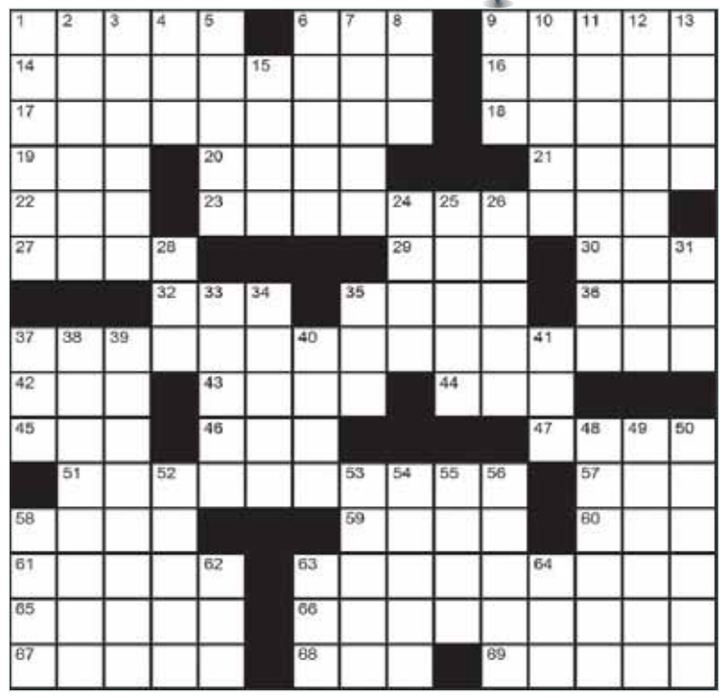
♒ Aquarius
Jan. 21 - Feb. 19
The Sun moves in your favour today, making it easy to get your own way. Does that fill your head with ideas? It should, and each one of those ideas is entirely legitimate.

♓ Pisces
Feb. 20 - March 20
There is not much point trying to appeal to someone's common sense when they are hell bent on following a course of action that is irrational. Let them get on with it and make sure you keep a safe distance between you. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

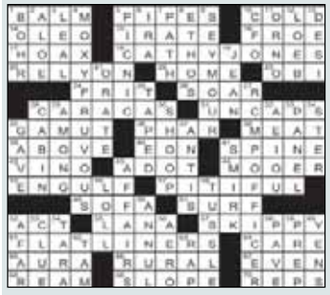
BY KELLY ANN BUCHANAN



Across
1. Some citrus fruits
6. Food grain
9. 2250 the old way
14. Spring, in Sherbrooke
16. Family band from Lakefield, ON
17. Yukon's official tree, __ Fir
18. Hell's master
19. 'Speed' suffix
20. Strauss' Tausend und __ Nacht
21. Positioned horizontally
22. Nero's 551
23. Mid-coast of BC community, 'Home of the Rain People': 2 wds.
27. Gas station
29. Pot
30. Belief system
32. Ms. Thurman
35. During
36. Hide __ hair
37. Corb Lund and the __ __
42. __-locka, Florida
43. Increases
44. Picture
45. Puny paranormal power
46. Jersey's call
47. Hic, __, hoc
51. Nova Scotia town
57. Sight: French
58. Ancient colonnade
59. Decorative case
60. "Michael Collins" (1996) org.
61. Maison's entrance
63. Distinctions
65. "Our Father which __ __ heaven..."
66. Craigellachie, BC: Where the Canadian Pacific Railway's ceremonial __ __ was driven into the track in 1885
67. Do more lawn work
68. Tropical cuckoo
69. Set of three

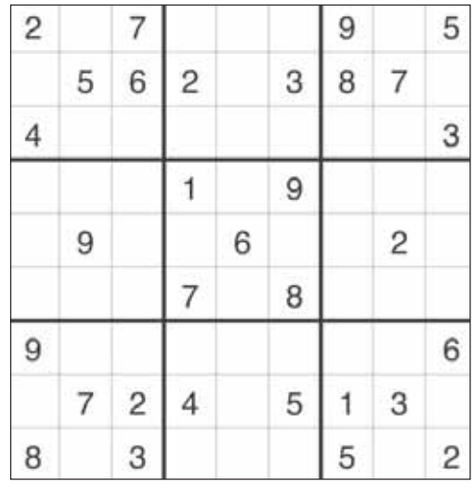
Down
1. Advantage
2. Porridges
3. Ex __ (Book label)
4. Once __ __ lifetime
5. 'The Great' canonized pope, __. __
6. GNR's "Sweet Child __ __"
7. Sleep __
8. Blood-sucker, when doubled
9. Real estate database, commonly
10. AC/DC's "You Shook __ __ Night Long"
11. Type of salad dressing
12. "Beat This Heart" by Tim __ feat. Serena Ryder
13. Actress, Jamie-__ Sigler
15. Grand
24. Unfeeling
25. Restaurant side order
26. Outkast member, __ 3000
28. Away
31. "__. Doubtfire" (1993)
33. Florida locale
34. Sometimes, Off __ __
35. Montreal football players, to fans
37. Horticulturist's helper
38. American shipping company that has franchises in Canada, The _ _ _ __
39. Camaraderies
40. What Snoopy is, __ __
41. Word with Beatles ...how it's commonly mis-typed
48. "Addicted to You" Swedish DJ/producer
49. "I get it now!"
50. Discontinued
52. Mathematical proportion
53. Macho guy
54. "__ __ _." (Posh "Here's me!")
55. Theatre great, Alfred __
56. "Villain, thou __..." - Shakespeare
58. Box
62. Stop
63. Old music high note
64. American airer since '71

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

9	4	8	7	2	6	5	1	3
7	1	6	9	3	5	8	4	2
3	5	2	1	4	8	6	9	7
2	7	5	8	6	1	4	3	9
1	8	4	2	9	3	7	5	6
6	9	3	4	5	7	1	2	8
5	6	9	3	8	4	2	7	1
4	2	1	6	7	9	3	8	5
8	3	7	5	1	2	9	6	4

Today
8°/2°
Partly cloudy

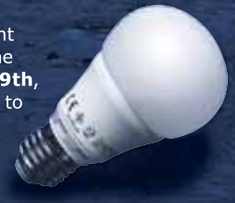
Friday
8°/3°
Mainly sunny

Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

The power of light is not being scared of the dark.

The IKEA Brighter Lives for Refugees campaign helps bring light to UNHCR refugee camps, making them better and safer for the families who call them home. From **February 3rd** to **March 29th**, buy any LED light bulb and the IKEA Foundation will donate $1 to brighten the lives of those in need.

Read more at IKEA.ca/brighterlives



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